

PASTEL PAINTING WORKSHOP

The Foxborough Council on Aging is pleased to host pastel artist Gregory Maichack at the senior center once again on Thursday, April 9th from 1:00 p.m. to 3:00 p.m. for an O’Keeffe-Style pastel workshop “Scarlet Poppies.” Come join us at this pastel painting workshop and produce your own unique pastel painting. The workshop is for all skill levels and is FREE. Our instructor Greg Maichack is a portraitist and painter working primarily in pastels and he is the winner of numerous awards and hundreds of Massachusetts Cultural Council grants. For more information you can visit his website at www.GregoryMaichack.com. Extensively researched, Mr. Maichack teaches workshop participants by lecture, revealing anecdotes, historical context and demo of techniques applicable to many styles of pastel painting, covering all essential pastel techniques. Participants will be creating their own unique pastel painting. As always, all participants will use hundreds of Mr. Maichack’s professional-grade pastels, paper and materials, and will take home their completed pastel painting. Seats may fill quickly, so please call the senior center at 508-543-1252 if you’d like to sign up for this free hands-on workshop with all supplies provided. This project is supported in part from a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Monday, March 23

Jay Barrows’ Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, March 24

Stretch & Balance 8:30 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “Saving Mr. Banks” 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, March 25

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Zumba Gold 11:30 a.m.

Coffee & Conversation with the Town Manager 12:30 p.m.

Luncheon Outing – Olive Garden 1:00 p.m.

Thursday, March 26

Men’s Breakfast 9:00 a.m.

Aging Mastery Program 11:00 a.m.

History Lecture Series with Paolo DiGregorio 1:00 p.m.

Saving and Sharing Digital Photos Class 2:30 p.m.

Friday, March 27

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Card Making Class 11:00 a.m.

Cribbage 11:00 a.m.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, April 14th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

PODIATRIST

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, April 6th. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment.

SPECIAL PROGRAMS

GARDEN CLUB

Spring is here – finally! Our Senior Center Garden Club, under the direction of Marsha Lewicke, is ready to start meeting again at the senior center beginning on Tuesday, March 31st at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, March 25th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, March 26th at 9:00 a.m. Our guest speaker this month will be Bill Grieder. Bill is a member of the Foxborough Planning Board and this is your chance to find out more about the Master Plan for the Town of Foxborough. The cost for the Men's Breakfast is \$3, and if you would like to attend please call the senior center at 508-543-1252 by Tuesday, March 24th to sign up. As always, everyone is welcome to join us for the speaking portion of the program at no cost after the breakfast has been served.

CLASSES FOR SAVING AND SHARING YOUR DIGITAL PHOTOS

Your photos are priceless! Have you ever wanted to learn how to take digital photographs and send them out to your friends and family, and would you like to learn how to safely store your photos for the future? Join us at the senior center for classes led by Foxborough High School Senior and aspiring Eagle Scout Patrick Elias as we learn more about taking and saving photos in this digital age. Bring your laptop, iPad, smart phone or digital camera with you, or make use of one of our computers in the computer lab on Thursday, March 26th from 2:30 to 3:30 p.m. and we'll learn how to use these devices to take pictures and to store them safely. This first class will give you the opportunity to learn about your specific device(s). A second class will be held on Tuesday, March 31st from 2:15 to 3:30 p.m. in the computer lab at the senior center as we learn how to use a computer to store our photos for the future. All skill levels are invited and beginners are encouraged to attend. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

LINE DANCING CLASSES IN APRIL

It's time to get moving again and do some dancing! Our line dancing instructors Jeanne Bonneau and Faye Sullivan will be back once again to lead us through some line dancing steps. The steps are uncomplicated and the classes are always lots of fun. According to the New England Journal of Medicine, dancing offers us protection against dementia by helping us to create neural pathways by integrating several brain functions at once, increasing connectivity. So, in other words, you'll be improving your brain power while getting some great exercise!' Line Dancing classes will be held at the senior center from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: April 1st, 8th, 15th, 22nd and 29th. Please call the senior center at 508-543-1252 to sign up.

AGING MASTERY PROGRAM – EXERCISE AND YOU

The second workshop in the Aging Mastery Program (AMP) will be held on Thursday, March 26th at 11:00 a.m. at the senior center. This workshop will focus on "Exercise and You" and our guest speaker will be YMCA certified fitness instructor Joyce Collins. The program will focus on the discussion of the importance of aerobics, strengthening, flexibility and balance as they relate to aging with a focus on strategies for incorporating physical activity into daily routines. This program is available exclusively for participants in the Aging Mastery Program.

HISTORY LECTURE SERIES WITH PAOLO DIGREGORIO

Paolo DiGregorio, the "Artifactual Scholar," will be back at the senior center once again, with the help of partial program funding from the Friends of Foxborough Seniors, to present a series of history lecture programs at 1:00 p.m. on upcoming Thursday afternoons. The first series of programs will focus on events in colonial history leading up to the Revolutionary War. On March 26th the topic will be "The Collision of Empires: France and Britain in North America, 1753-1763." Paolo is an historian, archaeologist and educator, with a passion for telling stories of our past. He is a Visiting Lecturer in the History Department at Bridgewater State University, and an instructor in the Anthropology Department at Wheaton College, and he has been a popular guest speaker at the senior center. Come join us as we listen to Paolo bring his stories of our American heritage to life. If you're interested in attending, please call the senior center at 508-543-1252.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On March 25th and 26th the featured program will be the 3rd Aging Mastery Program on "Fraud Prevention." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

TRIP INFORMATION

TRIP TO THE NEWPORT PLAYHOUSE

Come join us on April 2nd for lunch and a show at the Newport Playhouse in Newport, RI. Our trip includes round-trip motorcoach transportation leaving from the rear parking lot at St. Mary's Church at 10:00 a.m. and we will be returning home around 6:00 p.m. We'll begin our day at the theater with a hearty buffet including a variety of hot and cold foods, main entrees, side dishes, beverages and desserts. Then we move into the intimate theater for the performance of the comedy "When the Cat's Away." After the show, we go back into the dining room for a special Cabaret show where the performers will continue to entertain us with laughter and song. The Friends of Foxborough Seniors will be underwriting \$10 per person for Foxborough residents for this popular trip. So the total cost for the transportation and gratuity, the luncheon, the show, and lots of laughs is \$71.00 for Foxborough residents only and \$81.00 for all others. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

SIGN UP FOR OUR TRIP TO NOVA SCOTIA

We've had a great response to the sign up for our trip to Nova Scotia in July, but we still have a few openings if you'd like to join us. We will be traveling up to Nova Scotia and Prince Edward Island for an "Atlantic Canada Cruise Tour" from July 6 – 12 in 2015. Our plans are to leave Foxborough by motorcoach on July 6, 2015 and spend our first night on the new cruise ship called the "Nova Star" which will take us into picturesque

Yarmouth in Canada. On day 2, we'll be enjoying the final evening performance of the 2015 Royal Nova Scotia International Tattoo which is the largest annual indoor show in the world with over 800 performers. There will be special sightseeing stops in Halifax and Peggy's Cove, and we'll be spending 2 nights at the Lord Nelson Hotel in Halifax. On day 4, we'll cross the Straits of Northumberland to Prince Edward Island where we'll spend two nights at the Hotel Charlottetown in the island's capital city. A local island guide will take us to the historic home of Anne of Green Gables and the Prince Edward Island National Seashore on the Gulf of St. Lawrence. We'll be crossing the Confederation Bridge to New Brunswick, travel through Saint John and along the Fundy coast to Calais, Maine and then on to Boothbay Harbor, returning to Foxborough on July 12th. The cost for this trip is \$1,637 per person for a double room, \$1,567 for a triple room and \$2,217 per person for a single. This price also includes gratuities for the motorcoach driver, escort and local guides. Passports will be required for this trip and our travel arrangements are provided by Tours of Distinction. If you are interested in joining us, call the senior center now at 508-543-1252 for information or to sign up – there are a very limited number of spaces available. Trip registration forms are available at the front desk of the senior center, and payments are to be made directly to Tours of Distinction.

TAX ASSISTANCE

AARP INCOME TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide Program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning on February 3rd. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come to the senior center to pick up the "Tax Preparation Packet." This paperwork must be completed and brought with you to your appointment

REGULARLY SCHEDULED

LUNCHEON OUTING

On one Wednesday each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Olive Garden Restaurant on Wednesday, March 25th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, March 23rd. Van transportation is available.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings at 11:30 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on March 23rd. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, March 31st beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. One of our favorite YMCA instructors, Joyce Collins, leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

MOVIE DAY

The featured movie for the month of March will be "Saving Mr. Banks" and is scheduled for Tuesday, March 24th at 12:30 p.m. "Saving Mr. Banks" tells the story of the "collaborative" process between Walt Disney (Tom Hanks), his creative team, and author P. L. Travers (Emma Thompson) engaged in bringing the character Mary Poppins to life on the big screen in the early 1960's. This touching, funny film is really two stories nicely tied up in one package. The first story is of P. L. Travers' childhood in Australia in the early 1900's. This story starts out idyllically, emphasizing her father's immense love for his children and his uncanny ability to make everything fun and exciting, but it's one that has a darker side that ends up shaping the adult that Travers eventually becomes. The other story is of the adult Travers, a proper Englishwoman, completely set in her ways. She grudgingly embarks on a trip from England to Los Angeles to discuss the possibility of turning her highly successful book "Mary Poppins" into a Disney motion picture. Walt Disney has a vested personal interest in the project, but Travers and the Disney team clash on virtually every level and the interactions run the gamut from frustrating and infuriating to funny. After seeing this film, the next time you watch the original "Mary Poppins" movie, you'll see it with a whole new perspective. So, take in a good movie with friends while you enjoy the comfort of the senior center. We'll make some fresh, hot popcorn for everyone. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. If you'd like to join us, please call 508-543-1252 to sign up.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

March 25 – Olive Garden Restaurant

April 1 – Job Lot / Dollar Store

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$32,618 for a one-person household, \$42,654 for two people, \$52,691 for three people, \$62,727 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don't wait until you are out in the cold. Call us at 508-543-1252 to make an appointment to fill out an application for the upcoming winter season.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, March 23

Low Sodium Hotdog with Roll

Mustard Packet

Baked Beans

Hot German Slaw

Fresh Apple

Calories 425

Sodium 707

Tuesday, March 24

Parmesan Potato Soup

Sweet & Sour Chicken

Peas & Carrots

Multigrain Roll

Fresh Fruit

Calories 346

Sodium 586

Wednesday, March 25

Happy Birthday!

Italian Penne Pasta with Meatsauce

Italian Blend Vegetables

Wheat Bread

Birthday Cake

Calories 388

Sodium 147

Thursday, March 26

Roast Turkey with Gravy

Cranberry Sauce

Whipped Potato

Winter Squash

Dinner Roll

Peaches

Calories 388

Sodium 505

Friday, March 27

Macaroni & cheese

Escalloped Tomato

Muffin

Mandarin Oranges

Calories 443

Sodium 542